

March 2023



CMS Connection

Illinois Department of Central Management Services' Monthly Newsletter



Acting Director Raven A. DeVaughn

ACTING DIRECTOR'S MESSAGE

"Leadership is unlocking people's potential to become better."

—Bill Bradley

As the operational engine powering the State of Illinois, no one believes more in people power than those of us at CMS. And in this month, our CMS Team led and delivered in so many ways, impacting so many lives.

We had the opportunity to witness the launch of the inaugural cohort of the Governor's Office Academy of Leadership (G.O.A.L.), which has been spearheaded by our Office of Operational Excellence. This program marks a new journey for 30 rising leaders representing 19 agencies across numerous disciplines. We were joined at the opening session by Governor JB Pritzker, Lieutenant Governor Juliana Stratton, Chief of Staff Anne Caprara, Deputy Governor Andy Manar and First Assistant Deputy Governor Christy George. Their presence and support underscored the importance of investing in our people and helping grow their talents to ultimately bear sweeter fruits for the State and create an even stronger foundation of service for all our residents.

While the inaugural G.O.A.L. cohort is poised to set the standard, and demonstrate yet again, how Illinois leads by example, other members of the CMS Team have been recognized for their work:

- The **sale of the James R. Thompson Center** was recognized for the Deal of the Year at the 35th Annual Chicago Commercial Real Estate Awards. This unique transaction will promote continued growth and stability in downtown Chicago, making the city a global leader in finance, technology, and innovation.
- The **Bureau of Benefits** received multiple Health at Work Awards - the Gold Level Best-In-Class Award in the 100,000+ Employee Category and the Innovative Integration Award, awarded for exemplary holistic program addressing the different facets of well-being including physical, financial, emotional, behavioral and social.
- The **Bureau of Personnel** was awarded the HR Champion of the Year Award from the Society for Human Resource Management Central Illinois Chapter.
- The **Bureau of Strategic Sourcing (BoSS)** manages over 900 contracts on an ongoing basis, and completes approximately 500 procurements annually, and we are recognizing this team as the CMS Employees of the Month.

Whatever your area of specialty, know that you there are so many ways to serve the residents of the State of Illinois and our strength is working together to dedicate our time and talents to public service.

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To learn more and keep up with CMS, visit us online.



EMPLOYEE OF THE MONTH - MARCH 2023

Bureau of Strategic Sourcing (BoSS)



March is regarded as Procurement Month, and in recognition of the significant role that procurement plays in the efficiency and effectiveness of government, CMS is recognizing the entire team of the Bureau of Strategic Sourcing (BoSS) as the CMS Employees of the Month for March 2023.

In addition to the purchase of goods and services, the public procurement professional adds value to organizations by developing strategies, cultivating collaborative relationships with the business community and teams within their organizations, consulting on best practices, identifying opportunities for savings, maintaining compliance with rules, regulations, policies and procedures and assisting with the development and administration of contracts.

CMS Bureau of Strategic Sourcing (BOSS) is responsible for the procurement and execution of formal solicitations for supplies and services required for use by CMS as well as numerous statewide master contracts. The Bureau provides access to contracts for supplies and services to State Agencies, Universities and hundreds of units of local government.

Over the last several years, the BoSS staff has worked tirelessly to make sure the State of Illinois has access to the master contracts needed and that CMS has the ability to continue to provide the necessary services it provides to not only State Agencies but the constituents of the State of Illinois.

BoSS is a support bureau - the staff work daily with end users within other CMS bureaus as well as procurement offices of other State Agencies to ensure that necessary supplies and services required for our governmental partners to perform their duties are available.

The BoSS Team is ethical, organized, strategic and proactive, manages over 900 contracts on an ongoing basis, and completes approximately 500 procurements annually. Thank you for all of your efforts and congratulations on this recognition! Happy Procurement Month!

BoSS Leadership

Ron Wilson
Krysti Rinaldi
Mary Matheny

Supplier Relationship Managers

Elizabeth Helton
Stephanie Wales
Annmarie Rembert

Facilities Portfolio

Martha Blackwell
Rick Rogers
Jeff Schukai

General Services Portfolio

Lynsey Bergh
Veronica Williams

Equipment & Commodities Portfolio

Chris Brinkmeyer
David Thomas
Jack Eck
Anthony Hamilton
Anita Harris
Darrick Hibbler
Terry Thomas
Linda Tribbet

Knowledge Management

Rob Flesch
Bill Strahle

CMS Team Happenings! New Hires & Promotions & Retirements

A warm welcome, congratulations and good wishes to our CMS Team!



New Hires - Welcome!

Francisco Barcena, Property Management
Christopher Brinkmeyer, BOSS
Vameika Collins, Internal Audit
Delamar Dickerson, Property Management
Dante Eskridge, Property Management
Rick Garthaus, Property Management
Alejandro Gaytan, Property Management
BreeAnn Hale, Benefits
Trevor Hebert, Internal Audit
Jonathan Ikerionwu, Agency Services
Ray Kramer, Property Management
Brian McMahon, Property Management
Brittany McNeil, Benefits

Patricia Musick, Benefits
Dawn Owens, Benefits
Michael Sheehy, Property Management
Katlyn Smith, Personnel
Amanda Sprindel, Personnel
Debra Steller, Personnel
Donta Taylor, Property Management
Andrea Wilson, Personnel
Brady Woods, Internal Audit

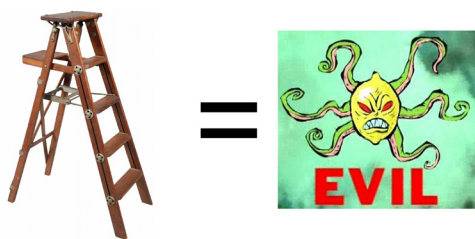
Promotions - Congratulations!

Mindy Brant, Internal Audit
MD Gani, Internal Audit
Derrick Pine, Internal Audit

SAFETY CORNER

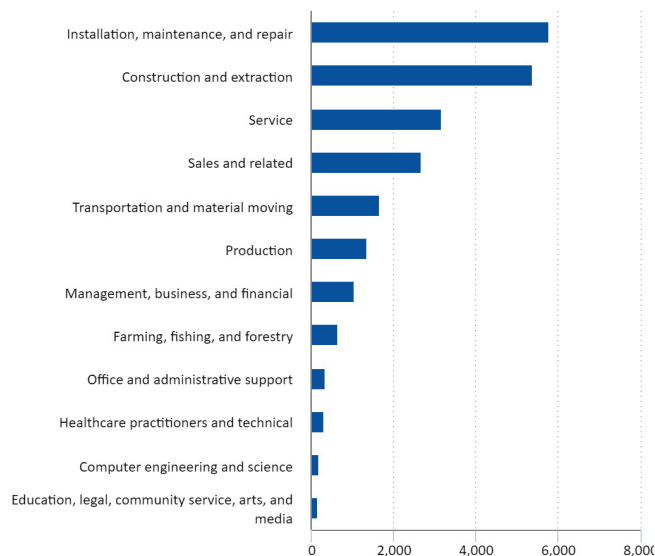
Ladder and Eye Safety Month

The month of March is both Ladder Safety and Eye Safety Month! Let's look at this month's auspicious intersection of safety topics starting with ladders: Many professional organizations consider the ladder the greatest danger on worksites. How could you argue with them? It is literally plotting your downfall



I know what you're thinking, but don't be enraptured by its siren song. In 2020 there were 161 fatal and 22,710 non-fatal work injuries involving ladders according to the U.S. Bureau of Labor Statistics. That is approximately the population of Carbondale that failed at using a ladder in 2020. Majority of the non-fatal injuries resulted from maintenance/repair and construction as seen in Figure 2.

Nonfatal workplace injuries involving days away from work, with ladders as the primary source, for occupational groups, all ownerships, 2020



Hover over chart to view data.
Source: U.S. Bureau of Labor Statistics.

What can you do to prevent a fall?

1. Make sure you secure your ladder safely by anchoring it to the floor or a vertical structure.
2. If possible, seek assistance from someone to hold and stabilize the ladder while you are working.
3. Always maintain 3 Points of Contact: 1 hand and 2 feet or 2 hands and 1 foot on the ladder at all times! Figure 3 demonstrates this.
4. Ensure your ladder is positioned correctly so you can easily reach the working area.

**Maintain
3 points
of
contact**



Additional safety resources and proper ladder usage can be found here: <https://www.americanladderinstitute.org/page/BasicLadderSafety>

So, you've made it this far! Here's an informative video that clearly shows you [how not to use a ladder](#). Can you identify what this victim did wrong?

**CMS does not endorse laughing at this QVC employee.*

Now that you've learned about ladders you're ready to tackle any job right? Wrong! You have to learn to protect your eyes too!

According to the CDC, about 2,000 U.S. workers sustain a job-related eye injury each day. The most common ways eye injuries happen are:

1. Striking or scraping objects that can eject material onto the face or eye.
2. Penetration of staples, nails, or other material.
3. Chemical and thermal burns.

Big takeaway from this list is to protect your eyes if there is any risk of something getting in them. The Infrastructure Health and Safety Association (IHSA) of Ontario, Canada has put together a [helpful guide](#) on the different types and levels of eye protection with guidance on when to use each one. These guidelines apply to your home projects as well. That means donning the proper eye protection before whipping out the chainsaw for those overgrown branches.



Using a homemade potato sack mask may be the eco-friendly choice but it doesn't protect your eyes and may give your neighbors the wrong impression...

So before attempting your next job at work or home, would you kindly practice proper ladder safety and ensure your eyes are protected?



BENEFIT CORNER



Ready to Improve Your Financial Well-being?



Right on the money

Register Today for Right On the Money! Money mastery can be intimidating. *Right On the Money* removes the fear by making learning about finances fun, then inspiring simple steps to financial well-being.

Right On the Money is a financial education program wrapped in a game you play on your desktop or mobile device. It's divided into 2-week rounds called Money Round and Double Your Money Round where you earn virtual dollars by completing topics most important to you. Be sure to participate with a team, friend, family member or co-worker for support. For participating in the Right On the Money Challenge you will have a chance to win Be Well SWAG.

Whether you're laying the foundation for your secure future, fine tuning money decisions as you approach retirement or somewhere in between, *Right On the Money* puts you on the right path to financial well-being.

Sign up for Right On the Money here:

<https://bewellillinois.rightonthemoneychallenge.com>

Emotional Eating: The Connection Between Mood and Food



Join this webinar to:

- Learn the two types of hunger.
- Learn the characteristics of emotional eating.
- Learn the situations that trigger emotional eating.
- Learn how to incorporate stress management techniques to reduce emotional eating.
- Learn your hunger signals.

Link to recording will be available at:

<https://cms.illinois.gov/benefits/stateemployee/bewell.html>

Brought to you by:

COMPSYCH
GuidanceResources® Worldwide

Mental Fitness for Optimal Brain Power

Wednesday, March 15, 2023, from 12:00 – 1:00 PM CT



Join this webinar to:

- Learn new skills.
- Learn the difference between judgment and intuition.
- Learn the difference between memory and perception.
- Understand what depression, chronic stress and unhealthy lifestyles are.
- Learn meditation.
- Learn brain training.

Register – Mental Fitness for Optimal Brain Power

Brought to you by:

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BENEFIT CORNER

COLORECTAL CANCER AWARENESS MONTH

Know Your Options for Colon Cancer Screening

Did you know that March is Colorectal Health Awareness Month? Getting screened regularly is one of the best ways to prevent colon cancer. A screening can help find cancer even if you have no symptoms. A colonoscopy isn't the only test available, there are some you can do at home.

Even if you have no family history of colon cancer, you should get a screening starting at **45 years old**. If you're African American, your risk is greater. Talk to your doctor about when to start getting screened for colon cancer. You may be eligible for any of the pre-ventive screening tests below:

- FIT;
- gFOBT;
- Cologuard® stool DNA test;
- Flexible sigmoidoscopy; or
- Colonoscopy.

The **FIT** and **gFOBT** tests are done every year; they detect hidden blood in the stool. Here are some features about each test:

- Done at home;
- For FIT no prep required;
- For gFOBT some prep required;
- Both are risk-free; and
- If you test positive, a colonoscopy is recommended.

The **Cologuard® stool DNA** test is done every three years; it detects altered DNA and blood in the stool. Here are features regarding this test:

- Done at home;
- No prep required;
- Detects cancer and precancerous cells;
- Can at times return false-positive or false-negative results; and
- If you test positive, a colonoscopy is recommended.

The **Flexible sigmoidoscopy** test is done every five years. Here are features regarding this test:

- Removal of any polyps in rectum and lower colon;
- Special diet and bowel prep required;
- Quick, safe and does not require sedation; and
- Can miss small polyps.

The **Colonoscopy** test is done every ten years. Here are features regarding this test:

- Removal of any polyps in rectum and lower colon;
- Special diet and bowel prep required;
- Sedation is likely; you will need a ride home; and
- Best test for preventing colorectal cancer.

Talk with your health care provider today to decide which test is right for you.

For information about colorectal tests, [visit here](#).

Brought to you by: 

If you are unable to attend the live webinars, a recording link will be made available after each event and posted at [Illinois.gov/BeWell](https://illinois.gov/BeWell).

We encourage you to **like and follow Be Well Illinois on Facebook** for motivational messages, special **Be Well Illinois** challenges and opportunities for engagement with your peers. [Click here to be added to our mailing list](#) for motivational messages and to be the first to be notified of upcoming events and wellness opportunities.

MARCH FEATURES



Governor's Office Academy Of Leadership

Governor Pritzker's Administration Announces Inaugural Cohort of the Governor's Office Academy of Leadership (G.O.A.L.)

Advancing Excellence in Public Service Leadership

Governor JB Pritzker and the Illinois Department of Central Management Services (CMS) announced the participants of the inaugural cohort of the Governor's Office Academy of Leadership (G.O.A.L.) program. The highly-competitive program was designed to provide a robust professional development opportunity for a population of State mid-level leaders that maintain critical roles in advancing key initiatives and maintaining optimal operations for the State.

"I'm thrilled to announce the inaugural cohort of the Governor's Office Academy of Leadership—a new program to prepare the next generation of state leaders with the skills they need to advance their careers and best serve the people of Illinois," said Governor JB Pritzker. "This 30-person cohort spans agencies and job titles—all uniting under the shared principle of public service and good government doing good work. I'm honored to extend my congratulations to our

selected participants—and I look forward to working with you as we create a stronger Illinois."

The G.O.A.L. program was developed for participants to increase leadership skillsets, facilitate social learning, broaden and expand perspectives, and build long-term networks across agencies. Throughout the program, participants will engage in a collaborative learning environment centered on improving leadership effectiveness and discovering ways to better support customer centered government services. The rigorous 10-month program launched on March 7, 2023 and meet twice monthly through virtual and in-person sessions, alternating between Chicago and Springfield.

The 30-person cohort was selected from hundreds of applicants by a multi-agency evaluator panel and represent a diverse pool of leaders committed to advancing public service in State Government. The 2023 G.O.A.L. inaugural cohort includes 4 CMS Team members:

Pat Nolan, Ayesha Patel, Shelly Tweedy and Tiffany Weisner. Congratulations!



State of Illinois
Central Management Services

WHO'S RUNNING ILLINOIS: NEXGEN YOUTH SYMPOSIUM

Understand who's running your city, county, and state.
Learn how you can be part of the transformation.



Friday, April 13, 2023
10:00 AM – 1:00 PM CST
State of Illinois Offices
555 W. Monroe, 1st floor
Chicago, IL 60661

This symposium will provide Illinois youth, ages 18-24, with opportunities to learn about trends in hiring, skills employers look for in new employees, new and emerging professional fields, and career paths within government.

Questions to: macassa.johnson@illinois.gov

SCAN TO REGISTER
BY APRIL 10TH



The link to register is:
<https://bit.ly/3YaqKtH>



2023 Nexgen Youth Symposium

For the second year, CMS will be hosting the Who's Running Illinois: NexGen Youth Symposium on Thursday, April 13, 2023. This in-person event will take place in the State of Illinois building at 555 W. Monroe, Chicago, IL. This symposium is expected to consist of 75 to 100 young adults, ages 18-24, seeking career direction and insight on careers in public service. In partnership with the Chicago Housing Authority's Springboard to Success (S2S), participants will play an active role in gaining an understanding of how the city, county, and state runs, and how they can be part of this ongoing transformation. Young adults interested in this event should register at this [link](#).

Online Registration for Attending Guests





CMS - Deal of the Year - 35th Annual Chicago Commercial Real Estate Awards

The State of Illinois was recognized for the Deal of the Year at the 35th Annual Chicago Commercial Real Estate Awards! The James R. Thompson Center (State of Illinois & JRTC Holdings) was a highly complex and ambitious transaction, representing a rare win-win outcome for all stakeholders, including taxpayers. This unique transaction will promote continued growth and stability in downtown Chicago, making the city a global leader in finance, technology, and innovation. Finalists were honored at the 35th Annual Chicago Commercial Real Estate Awards held on Thursday, March 9, 2023.

For information [click here](#).



CMS Awarded Health at Work Award from ComPsych®

We are proud to announce that the State of Illinois Central Management Services has been awarded multiple 2022 Health at Work Award from ComPsych® Corp, worldwide provider of employee assistance programs (EAP) to more than 60,000 organizations covering more than 130 million individuals throughout the U.S. and 190 countries.

CMS received the Gold Level Best-In-Class Award in the 100,000+ Employee Category and the Innovative Integration Award, awarded for exemplary holistic program addressing the different facets of well-being including physical, financial, emotional, behavioral and social.

Congratulations to the CMS Bureau of Benefits team for their tireless efforts in bringing wellness to the employees and retirees of the State of Illinois!



HR Champion Of The Year Award

CMS had the distinct honor of being awarded the HR Champion of the Year Award from the Society for Human Resource Management Central Illinois Chapter.

This award is designated for a company or organization that leads through effect human resources policies and procedures. CMS was found to be the top organization among the nominees to have demonstrated to its employees that they are valued and supported and is a true champion of excellence in human resource management.

African Descent-Citizens Reparations Commission (ADCRC).

CMS Announces Launch of Reparations Commission Website to Inform Public about Economic Inequities Due to Impacts of Slavery.

First in a Series of Efforts to Foster Transparency and Public Engagement.

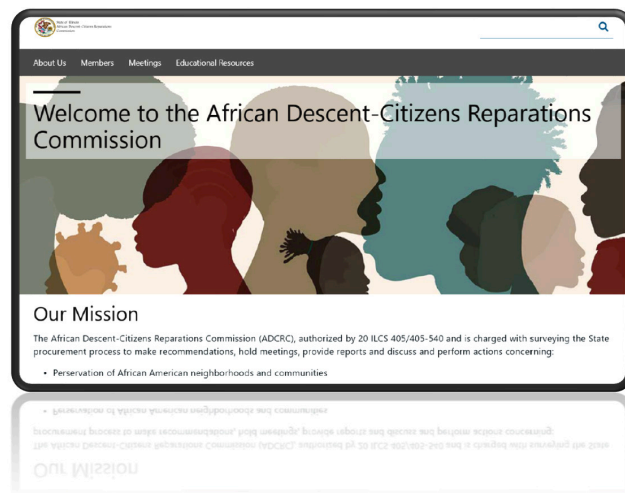
CMS recently launched a website for the African Descent-Citizens Reparations Commission (ADCRC). As part of the Economic Opportunity Bill, the ADCRC was established to bring an equity focus on African American communities and residents that have been disproportionately impacted by longstanding disinvestment due to direct and systemic repercussions of slavery.

The ADCRC has been tasked with developing and recommending measures to ensure equity, equality, and parity for African American descendants of slavery. As part of their scope, the Commission, authorized by 20 ILCS 405/405-540, will be reviewing and recommending actions geared towards the preservation and growth of African American neighborhoods and communities. The Commission will be working to study and remedy enduring economic inequities through a series of outlined methods, including: building and developing a vocational center for People of African Descent-Citizens, ensuring proportional economic representation in all State contracts and the creation and enforcement of an Illinois Slavery Era Disclosure Bill.

The ADCRC is actively seeking engagement throughout all areas of the State of Illinois and looking to expand. Illinois residents with education or background in reparations work, particularly African American descendants of slavery, are encouraged to apply for consideration to serve on the ADCRC, as resident voices play a vital role in promoting efficient, effective, and honest government.

For more information about Illinois' Boards and Commissions, including the ADCRC, eligibility requirements and application process, interested individuals should visit appointments.illinois.gov.

Information about the work of the [ADCRC](https://cms.illinois.gov).



Celebrates

Women's History Month

Follow our social channels throughout the month!



Office of the Director, Raven A. DeVaughn (217) 782-2141

To learn more and keep up
with CMS, visit us online.

